



Photo by Sgt. David N. Beckstrom, 2nd Infantry Brigade Combat Team, 25th Infantry Regiment

HONOLULU — Children from the Holy Family Home orphanage in Osaka, Japan, receive leis as they are welcomed to the Wolfhound Family for the next two weeks at the Welcome Ceremony held at the Daniel K. Inouye International Airport in Honolulu, Monday. This marks the 60th year of this exchange for the 27th Infantry Regiment and the Holy Family Home. Full story to be published in the Aug. 4 issue of the Hawaii Army Weekly.

Army, engineers, farmers celebrate water hui

Story and photos by
KRISTEN WONG
Contributing Writer

WAHIAWA — Distinguished guests from the Army, the state and more gathered at Sugarland Farms for a blessing of the R-1 Agriculture Project, July 21.

Attendees celebrated the ongoing partnership between U.S. Army Garrison-Hawaii and Aqua Engineers as well as the recent approval for the Kunia Water Association and Waikele Farms (Sugarland) to receive R-1 (recycled) water from the Schofield Barracks Wastewater Treatment Plant.

Approximately 2.3 million gallons of R-1 water will now be used for approximately 5,500 acres of land, according to Elson Gushiken, the vice president of ITC Water Management, Inc.

Micro filtration process

Aqua Engineers, the owner and operator of the plant, treats wastewater using a Membrane Biological Reactor, through a process called micro filtration.

According to Hugh Strom, the senior vice president of business development at Aqua Engineers, this is the largest project in the state.

Membranes separate bacteria and viruses from wastewater. Among other steps in this process, the water is aerated in a separate tank and disinfected using ultraviolet light.

Strom described the process as “a non-chemical disinfection to make sure that it’s the safest effluent (R-1 reuse water) that farmers can use here today.”

The Schofield Barracks community uses 100,000 gallons of water, daily, and the use of R1 water helps conserve water.

Collaboration celebrated

“The Army is good at a lot of things,” Dawson said. “But we’re not good at cleaning water, we’re not really that good at building homes, running power grids and producing fresh water, we’re really good at winning our nation’s wars, fighting in many of our nation’s wars. So we stick to our core competencies and partnering with the private sector for things that they’re really good at we get to see a lot of innovation a lot of great ideas and things happen that the Army really couldn’t do.”



Personnel assist Kahu Kordell Kekoa in a blessing for the R-1 Agriculture Project at Sugarland Farms, July 21.

“Aqua is a fantastic example, fantastic partner and an example of what can be done with leadership and vision and initiative and professionalism,” said Curt Wexel, the U.S. Army Headquarters Utilities Privatization Program manager.

Wexel said the water line that is shared by the Army and local farms is not only a physical connection, but a symbolic connection for the Army’s ties with the community. He added that there are other privatization initiatives underway on the Big Island of Hawaii and Oahu.

“We look forward to many more opportunities for partnership with the community,” he said. “We look forward to intergovernmental cooperation and



Left — Col. Stephen E. Dawson, commander, U.S. Army Garrison-Hawaii, picks a tomato from the fields at Sugarland Farms after the R-1 Agriculture Project blessing ceremony, July 21.

the taxpayers.”

Kahu Kordell Kekoa of the Kamehameha Schools Bernice Bishop Memorial Chapel, blessed the farmland as special guests held a large maile lei.

Guests were invited to pick a fresh tomato from Sugarland Farms and tour the Wastewater Treatment Plant at Wheeler Army Airfield after the ceremony.

More online

The SB Wastewater Treatment Plant is Hawaii’s privately-owned facility for R-1 water. For more information, visit www.aquaengineers.com.



Field trip energizes environmental effort for USARHAW leaders

Story and photos by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — More often than not, U.S. Army Hawaii leaders learn about preservation and the environment through quarterly meetings of the Environmental Quality Control Committee.

They gather inside the Post Conference Room, here, and sit through briefings accompanied by PowerPoint slides, disconnected from the cultural, historical and natural resources they are tasked with safeguarding.

“I would look at the faces of the people in attendance and see blank stares,” Rhonda Suzuki, chief of the Environmental Division of the Directorate of Public Works, said of the effect of PowerPoint.

She and her colleagues decided to try something different.

“We wanted to get the message across (to the Soldiers) that we are just the subject matter experts, but this is your program, we need your help, we need your participation,” she said.

So instead of meeting in a conference room, her office arranged a July 13 field



Kimberly Welch (right), an environmental outreach specialist with the Oahu Army Natural Resources Program, conducts a tour of an Army greenhouse filled with rare and endangered plants on July 13.

trip to USARHAW’s Natural Resources Baseyard, where about 70 USARHAW leaders and their staff got face time with some of the Army’s cultural and environmental experts; they were also given tours of an Army greenhouse and an Army seed

lab, both of which house rare plants endemic to Hawaii. Should a disaster, such as a wildfire, destroy native foliage on Army training grounds, the plants stored on the baseyard could be used in repopulation efforts.

“This really beats sitting in the Post Conference Room doing death by PowerPoint,” Col. Stephen E. Dawson, commander of U.S. Army Garrison-Hawaii, told those gathered at the baseyard. “I think you’ll be really impressed by what you see here. Right behind me are hundreds of indigenous Native Hawaiian plant species that you’ll learn about; they’re found nowhere else in the world. A couple of them were thought to be extinct in the wild but they are here.

“They’re also out in the training areas,” he continued. “So you’re going to learn about what (our subject matter experts) do day in and day out to ensure the Army in Hawaii is complying with environmental protection laws, the Endangered Species Act, cultural preservation laws and everything else we have to do to preserve the natural resources and cultural resources that are important to the Native Hawaiians so that we can train in harmony with everything that is around us.”

The attendees were divided into smaller groups and rotated between seven informational stations, where they learned



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Revised traffic codes coming Aug. 1

CAPT. BRADLEY TAYLOR
Directorate of Emergency Services

Beginning Aug. 1, the Military Police will begin enforcing the newly revised and approved U.S. Army-Hawaii Regulation 190-5 (U.S. Army-Hawaii Traffic Code).

This regulation captures the various traffic codes governing traffic on all U.S. Army installations in Hawaii; it consolidates and updates a number of pre-existing policy letters covering traffic-oriented violations on our installations along with the prior publication of USARHAW 190-5.

It applies to all Soldiers, civilians, family members, contractors and other personnel who work on, reside on or visit any U.S. Army installation, facility or work site in the state of Hawaii.

Important changes

Perhaps the most significant change is the expansion of traffic offenses that incur monetary fines. Offenses such as seat belt violations, illegal parking and cell phone usage/texting while driving, now have a prescribed fine associated with the offense in addition to a potential prohibition to driving on the



Courtesy photo

installation or a suspension of driving privileges on the installation.

Operating a motor vehicle while using a cellular phone (without a hands-free device), will result in the following:

- First offense:** issuance of a citation with a \$250 fine (plus court processing fee)
- Second offense:** issuance of a citation with a \$250 fine (plus court processing fee) and a 30-day suspension of on post driving

privileges

- Third offense:** issuance of a citation with a \$250 fine (plus court processing fee) and a six-month suspension of on post driving privileges
- Fourth offense:** issuance of a citation with a \$250 fine (plus court processing fee) and a one-year suspension of on post driving privileges.

Another change you need to be aware of relates to offenses that have an associated mandatory on-post driving suspension. Any offenses of driving a motor vehicle while failing to use safety restraints and/or child restraint systems or failing to wear required personal protective equipment while operating a motorcycle will result in mandatory on-post driving suspensions.

To review the new Traffic Code in its entirety, please go to the Garrison Policies tab on the U.S. Army Garrison-Hawaii website at www.garrison.hawaii.army.mil/.

For more information on the services and personnel who support this community, visit the Directorate of Emergency Services at www.garrison.hawaii.army.mil/des/default.htm.

USAG Japan commander to join IMCOM Pacific

Story and photo by
HONEY E. NIXON
U.S. Army Garrison Japan Public Affairs

CAMP ZAMA, Japan — Col. Phillip K. Gage assumed command of U.S. Army Garrison Japan during a change-of-command ceremony held July 21 at Camp Zama’s Yano Field. Gage replaced Col. William B. Johnson, who served as USAG Japan’s garrison commander since July 2015.

Johnson will leave Camp Zama and assume responsibility as deputy director of U.S. Army Installation Management Command Pacific, Hawaii.

Dr. Christine T. Altendorf, regional director of IMCOM-Pacific, commended Johnson on his “commitment to facilitating open dialogues, continuous training,” and how his “focus on readiness,” has allowed the USAG Japan community to continue a constant pursuit of greatness.

Altendorf also thanked Johnson for the numerous accomplishments during his tenure including his workforce development efforts and infrastructure improvements.

“Will, your commitment to workforce development was unsurpassed and you built a superior and synchronized team of teams,” she said.

“Your ability to leverage your resources and create an environment that has helped sustain and serve our Soldiers, employees and families is second to none,” Altendorf concluded.

Johnson reflected on his two-year command by saying, “Two years have flown by incredibly fast. It seems just yesterday the Johnson family first arrived in Japan and joined this amazing community.

“We have had so many incredible experiences and made such wonderful friends. It’s impossible for me to recount them all,” he



Col. William B. Johnson, outgoing USAG Japan commander, Dr. Christine T. Altendorf, regional director of IMCOM-Pacific, and Col. Phillip K. Gage, incoming USAG Japan commander, await the color guard during USAG Japan’s change of command ceremony held July 21 at Camp Zama’s Yano Field.

continued.

Johnson went on to thank the “dedicated IMCOM professionals,” local Japanese dignitaries and the local community members.

“A special thanks for all you did to include my family in the many cultural and community events I attended,” he said. “They are what have truly made this a special command tour for us and taught us so much about your culture, your communities, and this wonderful country.”

Johnson then welcomed the incoming commander.

“You ... have a tremendous adventure ahead of you,” said Johnson, “embrace it.”

Johnson told Gage that he now have the best professionals in IMCOM ready to sup-

port and train him in USAG Japan business.

“Listen, learn, and lead; you will do well,” Johnson said.

Gage expressed excitement about his new command.

“Our reception here has been tremendous,” said Gage. “On behalf of my family, thank you all for the warm welcomes we have received. We are truly honored by the opportunity to join such a special community.

“You just want to do the best job you can, and that’s what I’m looking forward to doing,” said Gage of his hopes for his tenure.

“I want to make sure that we continue to do the mission to the same high standard that it’s been done so far and improve upon that,” he concluded.

Plants: Garrison offers a home

CONTINUED FROM A-1

about water quality, recycling, cultural resources and environmental threats. They got to see the seeds of rare endemic plants and the cryogenic tank, which preserves some of the seeds in sub-zero temperatures.

For most, it was an eye-opening experience.

“I’m leaving more energized, wanting to put more effort into supporting the environment,” said Col. William Nutter, commander of the 9th Mission Support Command (Theater).

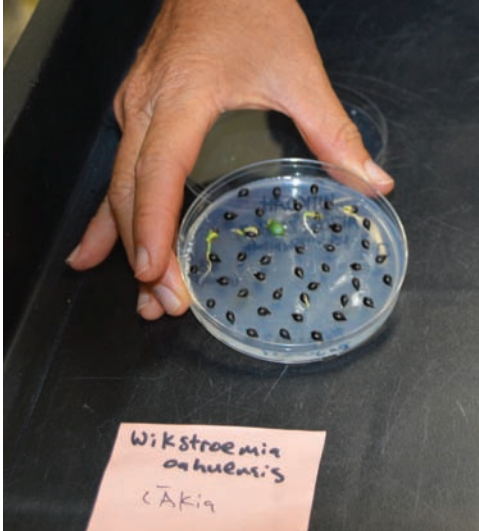
Col. Christine Lang of Tripler Army Medical Center said she had not known that the Army had a greenhouse and a seed lab to preserve rare and native species.

“These plants are found nowhere else in the world and we are protecting them,” she said.

Christina Vicari, a contractor and envi-



Kapua Kawelo, USAG-HI’s natural resource manager, shows off their cryogenic unit in the Army’s seed lab. The tank preserves seeds in sub-zero temperatures.



Seeds of the endemic Wikstroemia oahuensis, or Oahu false ohelo (also known as Akia) are stored at the USAG-HI seed lab. Army leaders took a tour of the seed lab on July 13.

1/2 years, but I’ve learned a lot today.”

Suzuki considers the trip a success, saying that those who attended left with a better sense of what’s at stake and a resolve to become more involved.

Voices of Ohana

Because the start of the school year is just around the corner, we wondered, “What was your favorite academic subject and why?”

By 2nd Infantry Brigade Combat Team Public Affairs



“History. You never know where you are going without knowing where you’ve been.”

Staff Sgt. Jared Douglas
Squad leader
Alpha Company,
225 BSB



“Math. It is something you use on a daily basis.”

Spc. Rienzi Seijo
Motor Transport
Operator
Alpha Company,
225 BSB



“Biology. Science just interests me in general. It was my first honors class I got into in high school.”

Spc. Chad Starnes
SAW gunner
Bravo Company,
1st Bn.
27th Inf. Regt.



“History. It’s good to know what happened in the past so we know what to do or not to do in the future.”

Staff Sgt. Dexter Tomblin
Brigade chaplain
assistant
HHC, 2nd IBCT



“Virginia Politics. I had a great professor for this class. The course made me realize how important state and local government really is in America.”

2nd Lt. Peter Waldron
Rifle platoon leader
Bravo Company
1st Bn.
21st Inf. Regt.

40th CSC trains to defend sustainment ability

Story and photo by
SGT. IAN IVES

25th Sustainment Brigade
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Despite the hot July weather, the 40th Composite Supply Company, 524th Combat Sustainment Support Battalion, 25th Sustainment Brigade, spent July 10-14 at East Range, here, conducting a base defense field exercise. The weeklong exercise was designed to hone these Sustainers’ skills at defending themselves while performing fuel resupply, laundry, shower and water purification operations.

“This is the foundation of what we do,” said Chief Warrant Officer Tracey Napper, a petroleum system technologist with the 40th CSC. “Before our military occupation specialty, we are Soldiers first. I think one of the primary purposes of being a Soldier is being able to protect yourself and those around you.”

During the course of this five-day exercise, the 40th CSC tested their skills on base defense, reacting to troop and vehicle borne threats, chemical warfare defense and reflexive fire training. The purpose of these tasks is to ensure that these Soldiers can efficiently deter any hostile action while sustaining the fight in an austere environment.

“Whenever you are downrange you never know what might happen,” said Sgt. 1st Class Curtis Harris, the motor sergeant for 40th CSC. “So you have to prepare Soldiers for the worst and hope for the best.”

Soldiers were attacked with multiple different assets at once to keep them sharp and teach them to deal with threats under pressure. One particular instance had Sustainers dealing with not only a chemical attack, but a breach in their defense perimeter. With guidance and experience from senior leaders in the formation, each



Spc. Reymark Cunanan, a Soldier with the 40th CSC 524th Combat Sustainment Support Battalion, 25th Sustainment Brigade, pulls perimeter security July 13.

attack was repelled.

“With any and all missions that you do, communication can be a deal breaker,” said Napper. “We have been focusing on communication for our crew served weapons on the perimeter defense.”

While communication was a priority focus of the perimeter defense, Sustainers were also trained on reflexive fire. Reflexive fire is a technique used in rifle

marksmanship that teaches Soldiers to fire from a variety of different positions and focus on muzzle control. The mastery of reflexive fire greatly improved 40th CSC’s ability to conduct base defense operations.

After five consecutive days of hard training these Sustainers have proved their ability to deal with any threat while conducting their vital mission of sustaining the fight.

NCOs compete to represent the Lightning Support Bde.

Story and photo by
SGT. IAN IVES

25th Sustainment Brigade, 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Noncommissioned officers from the 25th Special Troops Battalion and the 524th Combat Sustainment Support Battalion, competed in the 25th Sustainment Brigade’s NCO of the Quarter competition July 19-20, to see who would represent the Lightning Support Brigade in the 25th Infantry Division NCO of Quarter Board. Unlike most Sustainment brigade boards, this one focused heavily on tactical Soldier skills in order for Sustainers to be more competitive against their infantry counterparts.

“What I realize is that as Sustainers we are at a deficit,” said Command Sgt. Maj. Garton Francis, the command sergeant major of the 25th Sustainment Brigade. “We produce great board Soldiers by virtue of our trade; we can read, understand and regurgitate information in a board setting, but when we are out in the elements against the infantry guys, they are ‘eating our lunch.’ So I asked the question: How can we set ourselves up for success?”

To combat the shortcomings Sustainers have in these competitions, Francis developed a board that forced competitors to become more proficient in a tactical environment. Special emphasis was placed on weapons proficiency, land navigation and communications to help Sustainers become better-rounded board Soldiers.

“The tactical portion of the NCO of the Quarter competition is important being that Sustainers are competing against Soldiers throughout the 25th Infantry Division,” said Sgt. 1st Class Mario Puente, the current operations



noncommissioned officer for the 25th Sustainment Brigade. “We need to be able to prove to the entire division that we are more than just Sustainers, but we are also tactically fit Soldiers that can fulfill any mission that the Army presents to us.”

As a combat engineer by trade with many years of tactical combat experience, Puente took charge in ensuring that the competing NCOs were properly tested during

Sgt. Derrick Bernard, a wheeled vehicle mechanic with 25th STB, 25th SB, puts together a radio July 19.

the competition. By adding extra stressors during the competition like performing rigorous exercises before performing tasks, he was able to help re-enforce the Soldiers’ abilities to act under pressure.

“This style of board is good for the sustainment brigade because it forces them to prove that they are not just knowledge capable Soldiers, but tactical as well,” said Puente.

Despite these Sustainers being taken out their comfort zone, Sgt. Quindarius Jones, a human resources specialist with 524th CSSB, was named the NCO of the quarter and will go on to represent the brigade at the 25th ID Soldier of the Quarter Competition later this year. Based on the success of this new competition design the Lightning Support brigade will now continue to produce better-rounded Soldier on and off the battlefield.

599th Trans. Bde. Navy element strengthens logistics readiness

CMDR. CHRISTOPHER RIORDAN
U.S. Navy Reserve

ALAMEDA, California — The 599th Transportation Brigade’s Navy element participated in Exercise Big Logistics over the Shore-West, July 14-17.

The 599th Trans. Bde., which is headquartered at Wheeler Army Airfield, provides surface deployment and distribution services to project and sustain forces throughout the U.S. Pacific Command area of operations.

“Exercises like Big LOTS-West build deployment readiness across the total force,” said Col. Michael Knapp, 599th Transportation Brigade commander. “They prepare our Navy reserve element for their wartime mission, which is critical to the success of the 599th and SDDC.”

Navy Reserve Military Surface Distribution and Deployment Command - Pacific (NR SDDC Pacific) is a Navy unit operationally aligned to the 599th and administratively homeported at Navy Operational Support Center in Alameda, California.

The 599th Transportation Brigade’s total force integration partner, 1394th Transportation Brigade, headquartered at Camp Pendleton, California, led the planning, integration and execution of Big LOTS-West.

“The [599th] Navy team’s participation in this exercise is an example of partnership between the 599th and 1394th Transportation Brigades,” said Cmdr. Ned Swanson, NR SDDC Pacific commanding officer.

Big LOTS-West is an Army Reserve functional exercise that is part of the Army Reserve’s training strategy (ARTS). The exercise focused on enhancing unit readiness by conducting both live and virtual training. More than 1,500 Soldiers and Sailors took part in the annual training at sites along the West Coast.

BIG LOTS-West itself is an example of a training partnership that builds a stronger and more resilient joint team by combining complementary Army and Navy logistics forces in a robust training setting.

“Partnerships such as these only help to solidify the need for joint exercises across the transportation system,” said Navy Lt. Todd McAlister, NR SDDC Pacific. “These type of evolutions strengthen all our abilities to achieve and produce



Photo by Cmdr. Ned Swanson, USNR (SDDC) 599th Transportation Brigade

Navy personnel from NR SDDC Pacific observe Navy Cargo Handling Battalion 14 Surface Companies conducting vessel loading and discharge training July 14-17 on SS Grand Canyon State (T-ACS-3) during exercise Big LOTS-West.

mission success.”

NR SDDC Pacific integrated with the 359th Transportation Battalion (USAR), which traveled from Fort Eustis, Virginia. During the exercise, the NR SDDC Pacific team observed and participated in both live and simulated scenarios at the Camp Parks Reserve Forces Training Area in Dublin and Alameda Point, at the former Alameda Naval Air Station.

Training events included cargo loading and off-loading, ship familiarization, 359th Inland Cargo Transfer Company operations, establishment of a Navy Expeditionary Medical Facility, daily briefings, command and control exercises at multiple locations and across multiple echelons, and warrior training.

“Opportunities to train in a Joint Logistics environment affords us the ability to identify similarities while bridging differences,” said Lt. Cmdr. Rodger Moore, NR SDDC Pacific training officer. “This training environment builds and reinforces the foundation for sustained joint operational success.”



28 / Friday
Military OneSource — This funded Department of Defense program supports service members and their families, including active duty, National Guard and Reserve members. It’s your one-stop shop for all things military life related, including information and referral services, non-medical counseling, online resources, educational materials, webinars, newsletters and outreach teams, 24/7, 365 days a year, at no cost to eligible service or family members. Hawaii’s consultant is

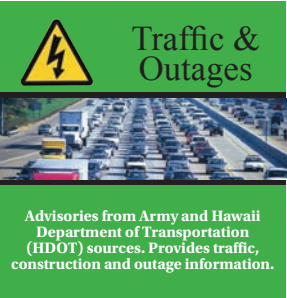
Heather Hutchinson at (808) 286-9277 or heather.hutchinson@militaryonesource.com. Visit www.militaryonesource.mil.

August
9 / Wednesday
Facebook Town Hall — The quarterly session, 6-7:30 p.m., is hosted by U.S. Army Garrison-Hawaii Commander Col. Stephen E. Dawson. Garrison leaders will be standing by to answer questions and field queries about installation issues. Visit the garrison facebook site at <https://www.facebook.com/usaghawaii/> and submit your questions or comments in advance.

September
9 / Saturday
Retiree Appreciation Day — Event will be held

on Sept. 9 at the Nehelani on Schofield Barracks. Doors will open at 8 a.m. Several guest speakers will discuss health care issues and changes that may affect the Army retired community. Tripler Army Medical Center will be providing flu shots and skin cancer screening. Lunch will be served from noon till 1:30 p.m. Reservations and advance payment of \$18 per person is required prior to Aug. 15. For more details, call the Retirement Services Office at 655-1514.

Ongoing
Reunion — The Second (Indianhead) Division Association is searching for anyone who served in the Army’s 2nd Infantry Division. A reunion is in Arlington, Virginia, Sept. 13-17. Visit www.2ida.org.



(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)

28 / Friday
Airdrome Road — David Boland, Inc. and Keeno Farms will be conducting one-lane road closures 8 a.m.-3:30 p.m., Monday-Friday, through July 28 along Airdrome Road from the sewage treatment plant to the flight simulator. The extension of this traffic control plan is the result of recent changes to a new storm water con-

tainment basin at the new box culvert headwall by the flight simulator and the restoration of Airdrome Road paving into Flight Sim. There will be continued striping repairs resulting from recent sanitary and utility installations.

31 / Monday
Lewis Street — Lewis Street, Schofield Barracks, will be closed through Aug. 16, between Waianae and Foote Avenues for pavement repairs. The closure from July 31 through Aug. 16 will be in effect Mondays – Saturdays from 8:30 a.m.-4 p.m. with intermittent permanent striping through Aug. 22. Traffic detours will occur onto Heard and Trimble from Waianae and Foote Avenues.

Ongoing
Ganhan Road — Ganhan Road, Wheeler Army

Airfield, adjacent Bldg. 107, will be closed at the Wright Avenue entrance. Ganhan Road will be closed throughout the duration of construction occurring at Bldg. 107. Closure will occur through Dec. 18.

Sasaoka Street — Two road closures on Sasaoka Street, WAAF, will occur for new sewer line installation. The work will be performed in two phases through Sept. 30. For Phase 1, a portion of Sasaoka Street will be closed during the day between 8:30 a.m. and 3:30 p.m., Monday-Friday. Access will still be available for tenants and employees in the area. For Phase 2, Sasaoka Street will be fully closed at night from 6 p.m.-2 a.m., Monday-Friday. Access for tenants and employees will not be available at night during Phase 2.

PAU HANA

"When work is finished."

Back-to-school

A guide to ace-ing the new academic year

Karen A. Iwamoto
Staff Writer

School starts on Aug. 7 and 8 for Hawaii's public school students, and many campuses are hosting orientations, school-supply drop-offs and other new-school events to get students and parents ready to get back in the classrooms. (See the list of orientations below or contact your child's school for more information.)

This is especially helpful for military families who are constantly on the move and must regularly navigate the process of enrolling children in a new school system.

The Hawaii State Department of Education estimates that the Aloha State is the temporary or long-term home for over 300,000 military personnel and their families. Military children make up about 8 percent of the state's public

school enrollment and Hawaii has the highest number of military dependent children per capita in the nation, according to the HIDEOE website.

"Going to these orientations gives families an opportunity to meet the principal, staff and teachers at their child's school," said Cherry Torres Okahara, the military school liaison for HIDEOE.

She said that parents who reach out to the schools and the various military School Liaison Offices are less likely to be stressed because they have taken the opportunity to have their questions answered and concerns addressed.

She also encouraged military families to familiarize themselves with their children's

school curriculum and interests. Students who join clubs or try out for sports are more likely to be involved in their new school and less likely feel alienated and homesick, she said.

The HIDEOE has many resources to help military families with school-age children, including a page on its website dedicated to answering those questions most frequently asked by service members (visit hawaiipublicschools.org and search "military faq").

What follows is a roundup of general information to help families start the school year on the right foot. (More specific information may be found by visiting hawaiipublicschools.org and searching "how to enroll.")

Traffic and safety

With the start of the school year comes increased traffic. Guardians dropping off students in the morning and picking them up after school should plan accordingly.

Also, be aware of policies regarding school-age children on any of U.S. Army Garrison-Hawaii's installations. Children younger than 10 are not allowed to be unsupervised at bus stops, recreation areas and public facilities, nor are they allowed to walk to or from school alone.

Motorists should be aware of increased pedestrian traffic near schools and crosswalks and exercise caution.

Takai Transition Centers



Courtesy photo

Named for the late U.S. Rep. Mark Takai, these transition centers and their affiliated programs connect new students with student ambassadors who conduct school tours, arrange group lunches and offer social and academic support throughout the school year.

Most of the Army-impacted schools on the island have a Takai Transition Center.

Torres Okahara singled out the centers at Leilehua High School and Aliamanu Elementary School as being outstanding examples.

Daniel K. Inouye Elementary School and Solomon Elementary School on Schofield Barracks also have Takai Transition Centers as does Wheeler Elementary and Middle schools.

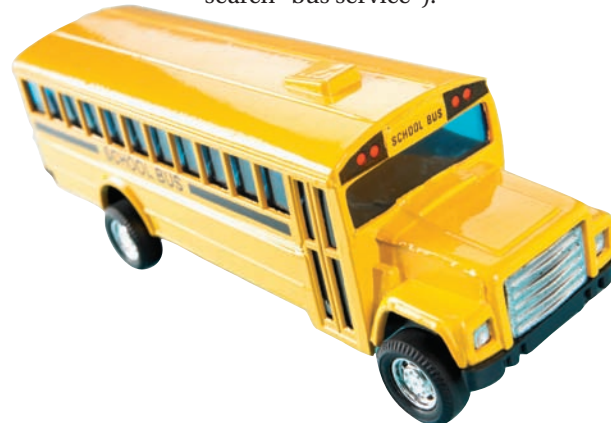
Contact your child's school to find out whether it has a Takai Transition Center on campus.

Bus service

School bus service is available for students from kindergarten to fifth grade who live a mile or more from their school. It's available to students in sixth to 12th grade who live a mile and a half or more from their school. Students who do not meet these criteria may be able to receive the service on a space available basis.

Free bus passes are available to students who qualify for HIDEOE's free lunch program, students who are foster children, students who are homeless, students whose special education plan includes regular transportation as a related service, students who are directed to attend a school outside their district and students who have three older siblings who are fare-paying bus riders.

For more information on the school bus program, including cost and routes, visit your school's office and the HIDEOE website (hawaiischools.org and search "bus service").



7th grade physical exams

New for the 2017-2018 academic school year is the HIDEOE requirement that all students complete a physical examination one year prior to enrolling in the seventh grade. These exams are covered by the Affordable Health-care Act. For more information visit hawaiipublicschools.org and search "7th grade physical exam."

Orientations

Below is orientation information for schools in and around U.S. Army Garrison-Hawaii. A full list of military-impacted schools in Hawaii is available at hawaiipublicschools.org.

**Fort Shafter/Aliamanu
Aliamanu Elementary School**

Fort Shafter
3265 Salt Lake Blvd.
(808-421-4280)
Aug. 2, 8 a.m.: Meet and greet/open house

Shafter Elementary School

2 Fort Shafter (808-832-3560)
Aug. 4, 9 a.m.: School readiness time
(Information on bus coupons, lunch payments, A+ program, CYS program, school uniforms, etc.)
3 p.m., Aug. 4: Open house

Aliamanu Middle School

Fort Shafter
3271 Salt Lake Blvd.
(808-421-4100)
Aug. 7, 8:15 a.m.: Parent orientation in school cafeteria

Schofield Barracks

Daniel K. Inouye Elementary School
Corner of Waianae and Ayers avenues
Schofield Barracks (808-305-3400)
Aug. 4, 1:30 p.m.: New parents' orientation
(In school cafeteria), followed by meet and greet

Solomon Elementary School

Schofield Barracks
2875 Waianae Uka Ave. (808-305-1800)

Aug. 2, 3 p.m.: School supply drop-off

**Wahiawa/Helemano
Helemano Elementary School**

1001 Ihihi Ave.
Wahiawa
(808-622-6336)
Aug. 3, 3 p.m.: Meet and greet

Wahiawa Elementary School

1402 Glen Ave. (808-622-6393)
Aug. 4, 4:30 p.m.: Meet and greet

Wahiawa Middle School

275 Rose St. (808-305-3300)
Orientation information N/A

Leilehua High School

1515 California Ave.
Wahiawa
(808-622-6550)
July 31, 8:30 a.m.: School schedule pickup for sophomores
July 31, 10 a.m.: School schedule pickup for juniors
July 31, 11:30 a.m.: School schedule pickup for seniors
July 31, noon: School schedule pickup, ID distribution, pay fees for freshmen

Wheeler Army Airfield

Wheeler Elementary School
1 Wheeler Army Airfield
Wahiawa (808-305-9500)
Aug. 3, 4 p.m.: Meet and greet
(Bring school supplies to drop off)

Wheeler Middle School

2 Wheeler Army Airfield (808-622-6525)
Aug. 4, 9 a.m.: Open house

Under construction

Construction at the new Solomon Elementary School campus on Schofield Barracks will be underway during the upcoming school year. Because the new campus is adjacent to the current campus, the school has had to make some adjustments.

- A barrier around the construction site will help mitigate noise.
- The kindergarten playground gate will open at 7:30 a.m. and families with strollers may congregate there before the first school bell rings at 7:50 a.m. The Designated stroller areas will conserve space, which will be extremely limited due to construction.
- The gate at the corner of Trimble and Carpenter streets will no longer be available; families are asked to access the campus through the other available gates.
- The school's courtyard will be closed for improvements to create additional green space. The surrounding walkways will be congested. Families, especially those with strollers, are asked wish their first to fifth grade students well in the front play space. Staff will be available to help students find their classrooms.



Schofield 'Back to School' sidewalk sales coming Aug. 4 & 5

SALLIE CAUTHERS

DeCA marketing and mass media specialist
FORT LEE, Va. — Worldwide "Back to School" sidewalk sales are coming to commissaries in August and September, offering patrons significant savings on breakfast, lunch and afternoon snack items.

"Our worldwide sales events will be focusing on items for healthy family breakfasts, fresh-packed school lunches and after-school snacks that children can prepare themselves," said Tracie Russ,

the Defense Commissary Agency's director of sales. "These are definitely deals you won't want to miss – savings should be up to 40-50 percent, or even more in some instances."

The "Back to School" sales event will occur in lieu of the commissaries' traditional fall Customer Appreciation Case Lot Sale.

Schofield Commissary patrons should mark Aug. 4-5 on their calendars for the sidewalk sale.

"All things for your children's lunch

box," said Schofield Commissary Store Manager Brad McMinn. "We also have back-to-school toiletries, Kleenex, hand sanitizer, paper towels (and more)."

Worldwide promotion

These sales may offer club pack items, cases of popular favorite cereals and bottled water, and more.

Fresh produce is also expected to be part of the events as well as lunchmeats and dairy products. Farmers markets are also scheduled for some commissaries

in August. Patrons can check with their local produce manager to see if a market is scheduled for their store.

Throughout August, DeCA's industry partners – vendors, suppliers and brokers – are collaborating with commissaries to offer discounts beyond everyday savings.

Always check what's on the "end of the aisle" for themed items with extra low pricing. Overseas stores may have substitute events for certain promotional programs.



Briefs

28/ Friday

Parole in Place/Green Card — Learn how to navigate the complex immigration system to apply for a green card at SB Soldier & Family Assistance Center (SFAC), 10 a.m.-noon. Workshop will also discuss the Fiancée Visa and Parole in Place process. Call 655-4227.

Citizenship Workshop — Held at SB SFAC from 1-2:30 p.m. Determine if you have met the permanent resident requirements of the U.S. immigration law and receive step-by-step instruction on the process of becoming a U.S. citizen. Call 655-4227.

Net a job — Build your network by using social media and develop your LinkedIn profile at SB ACS, 10-11 a.m. Call 655-4227.

Parenting 101 — Take your parenting to the next level. Discover current best practices and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

Back to School Expo — Held at SB Kaena Community Center from noon-3 p.m. Call 655-8326.

Hawaiian Lunch Buffet — Held at SB Kolekole Bar and Grill from 11 a.m.-1 p.m. for \$14.95/person. Call 655-4466.

Hawaiian Lunch Buffet — Held at FS Hale Ikena from 11 a.m.-2 p.m. for \$14.96. Call 438-1974.

Paint and Sip — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

Leilehua Concert Series — Enjoy live music from 6-8 p.m. at The Grill at Leilehua Golf Course. Call 655-4653.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

28 / Friday

Comic Con Honolulu 2017 — Hawaii Convention Center hosts a three-day experience featuring fan panels, industry guests, video games, table top games, local artists and licensed merchandise dealers. Visit comicconhonolulu.com.

The Little Mermaid — Disney’s “The Little Mermaid” is staged through Aug. 6, Thursday through Sunday, at Diamond Head Theatre, 520 Makapuu Ave., Honolulu. Visit diamondheadtheatre.com.

29 / Saturday

SB Kolekole Walking-Hiking Trail — The trail is open for hiking this weekend.

Kuhio Beach Hula Show — It’s 6:30-7:30 p.m. at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, beachside at Uluniu and Kalakaua avenues in Waikiki, weather permitting. Outdoors casual. Seating on the grass,

AMR MOVIES AT POOL

Get ready to make a splash! Come watch Lilo and Stitch at the AMR Pool. Enjoy a movie, games, crafts and food/ drinks for purchase. Come early to set up your chairs. Pool floaties are welcome. Please no glass or alcoholic beverages. Activities will begin at 6 pm.

The movie will start at 7:30 pm.

For more information, please call 655-0002.

Lilo & Stitch

Saturday, August 5
5:30 p.m. at AMR Pool *

* Daily Pool Entry Fee Applies

ALIAMANU MILITARY RESERVATION — Share a free family movie, “Lilo & Stitch,” Saturday Aug. 5 at AMR Pool starting at 6 p.m. Pre-event activities, including music, games and crafts, begin at 5:30 p.m. Movie starts at 7 p.m. Food is available for purchase. No pets, glass or alcoholic beverages. Call 655-0113.

29 / Saturday

Inflatable Day — Held at SB Richardson Pool from 1-5 p.m. Bring your own inflatables or enjoy those provided by the pool. Admission is \$3, \$.50 for goldfish hunt. Call 655-9698.

31 / Monday

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include: saving, credit, investing and big purchases. Call 655-4227 to register.

August

1 / Tuesday

Public School Registration — Registration is accepted throughout the year. Please register your child for school - call the Army School Liaison Office at 655-8326.

Paniolo Salad (August Featured Salad) — Enjoy fresh ingredients off FS Hale Ikena’s salad bar to build your very own salad weekdays from 11 a.m.-2 p.m. Just follow along with our monthly recipe card and enjoy. Call 438-1974.

Flag Football — Registration is open to company level, U.S. Army active duty, and Army National Guard companies within the geographical limits of Hawaii. All players must play for their assigned/attached

company/unit. Registration is available at any Army physical fitness center.

Pre-season starts Aug. 28. All pre-season games will be held at Stoneman Stadium, SB. Regular season runs Sept. 5–Nov. 3. Playoffs start Nov. 6. Call 655-9650, 0856 or 9914.

Coloring for Adults — Held at SB Sgt. Yano Library at 6 p.m. All supplies included. Light refreshments served. For adults only. Call 655-8002.

Volunteer Management Information System 101 — Learn how to use VMIS to get involved in your military community and keep track of your service record, SB ACS from 1:30-2 p.m.

Volunteers learn how to register for a VMIS account, search for volunteer positions and track their volunteer service hours. Call 655-4227.

2 / Wednesday

Organization Point of Contact Management — Every 1st Wednesday at SB ACS from 10-11:30 a.m. for individuals who have been appointed VMIS OPOCs for their organization.

Learn about regulations surrounding Army volunteers as well as how to use VMIS to post volunteer positions, accept volunteer applications, manage organization volunteers and certify volunteer hours. Call 655-4227 for more information about this event.

BOSS Installation Meeting — Held at SB Tropics Recreation Center at 2 p.m. Call 352-223-6370.

3 / Thursday

Everyone Has a Story — Book sharing event for adults at SB Tropics starting at 6 p.m. Snacks provided. Call 655-5698.

Scream Free Parenting — Four-week program held at SB ACS from noon-1:30 p.m. Training designed for parents of children aged 5-15 to take a look at their parenting practices and identify ways to strengthen their parenting skills and create healthy relationships. Call 655-4227.

Money Management — Held at SB ACS from 10-11:30 a.m. focuses on the core concepts of personal finances. Learn how budgeting, credit and investing fit into your overall financial plan and take away the “Steps to Financial Success.” Call 655-4227.

Brick Club — Monthly event held at SB Sgt. Yano Library for individuals that like to get creative with building blocks. Call 438-9521.

4/Friday

Survivor Outreach Services — Friday Fitness with Friends activities include yoga, group walks and other opportunities. Location will be based on the activity. Call 655-4227.

5 / Saturday

Wahiawa Family Fun Fair — Games, bouncers, skill challenge and free food at the George Fred Wright Wahiawa District Park, 10 a.m.-1 p.m.

Asia Pacific Dance Festival — An evening honoring food and culture throughout Asia and the Pacific features the creations of local chefs. Must be purchased in combination with an Ike Hana I concert ticket. 7:30-9:30 p.m. at Kennedy Theatre, 1770 East-West Rd., Honolulu. Visit manoa.hawaii.edu.

10 / Thursday

Honolulu Rainbow Film Festival — From Aug. 10-19, the 28th annual festival will be held at the Doris Duke Theatre, 900 S. Beretania St., Honolulu. Visit hglcf.org.

11 / Friday

Twelf Nite O Wateva! — Fridays and Saturdays, Aug. 11-26. Picnic on the grounds of Hawaiian Mission Houses. 5-6:30 p.m. Doors open at 6:30 p.m., performance at 7 p.m. Fee is \$25, \$20 for students and seniors 65 and older. James Grant Benton’s “Twelf Nite O Wateva!” was designed to make Shakespeare more approachable for the local community. Visit www.missionhouses.org.

beach chairs, mats are OK. Cameras welcome. For more details, call 843-8002.

29 / Saturday

Blood Bank of Hawaii Blood Drive — Donate blood at Pearlridge Center, Saturdays, July 29 and Aug. 5, from 7:30 a.m.-12:30 p.m., downtown in the parking lot fronting Chili’s Grill & Bar. Call 484-4770 for an appointment.

Ready2React Emergency Preparedness — Featuring the largest collection of emergency vehicles and equipment on public display on Oahu, Ready2React brings preparedness experts together to help ready residents for emergencies or disasters that may affect Oahu, 10 a.m.-2 p.m. Pearlridge Uptown and Downtown Center Courts, in addition to the parking area outside of T.J. Maxx.

Mini Aquaponics — Living Art Marine Center presents aquaponics, an amazing and sustainable way to grow fish and plants in the same system at 4:30 p.m. Interested to find out how it works? We’ll teach you in a simple and easy-to-understand way. Make your own mini aquaponics system

with plants to grow and actual fish. General admission is \$45 per aquaponics kit made; Kama’aina and military, \$25 per kit. Visit www.livingartmarinecenter.com/family.htm.

30 / Sunday

Hawai’i Polo Club — Sunday matches will raise funds for the Hawaii Parkinson Association, with lowest priced tickets beginning at \$10 for military for open field seating.

August

4 / Friday

Pacific Ink & Art Expo — Some of the biggest names in tattooing and art including celebrities from the shows “Ink Master,” “LA Ink” and “Tattoo Nightmares,” 2-7 p.m., Blaisdell Exhibition Hall, 777 Ward Ave., Honolulu. Visit pacificinkandartexpo.com.

First Friday — Join the hip crowds in Honolulu’s Chinatown at the many unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month.

The art galleries and most shops stay open late, from 5-9 p.m., followed by a late night party at some of the trendiest, most popular bars in Honolulu. Visit www.firstfridayhawaii.com.

Calendar abbreviations
8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reserva-

tion
ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
CDC: Child Development Center
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FCC: Family Child Care

FMWR: Family and Morale, Welfare and Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SAC: School Age Center

SB: Schofield Barracks
SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

- AMR: Aliamanu Military Reservation Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, SB
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

Catholic Mass

- Monday-Wednesday, 11:45 a.m. at Soldiers’ Chapel
- Thursday, 11:45 a.m. at AMR
- Wednesday, 5 p.m. at MPC
- Saturday, 5 p.m. at TAMC
- Sunday services: -8:30 a.m. at AMR -10:30 a.m. at MPC -11 a.m. at TAMC

Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

Islamic

- Friday, 12:30 p.m. at AMR (Call 477-7647)

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

- Sunday Services -9 a.m. at MPC (Contemporary) -9 a.m. at FD -9 a.m. at TAMC -10 a.m. at HMR (Contemporary) -10:30 a.m. at AMR (Contemporary) -11 a.m. at WAAF (Contemporary)



The House (R)

Friday, July 28, 7 p.m.

Cars 3 (G)

Saturday, July 29, 4 p.m.

The Beguiled (R)

Saturday, July 29, 7 p.m.



Transformers: The Last Knight (PG-13)

Sunday, July 30, 4 p.m.

Closed Monday through Thursday.

ACS is 52 years old, and still serves

MELE HEDLUND
Army Community Service
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Birth-days are special. It is a time of celebra-tion, and Army Community Service has come a long way since its inception in 1965 when Soldiers often heard the say-ing, “If the Army wanted you to have a family it would have issued you one!”

Times have certainly changed. As Army Community Service celebrates its 52nd birthday on Tuesday, it is guided by the quote from retired Army Chief of Staff, Gen. Ray Odierno, “The strength of our nation is our Army, the strength of our Army is our Soldiers, and the strength of our Soldiers is our families.”

Hub of installation
Fifty-two years later, ACS is still strengthening our military community and continues to maintain a strong presence at U.S. Army Garrison-Hawaii.

ACS is known as the hub of informa-tion and referral on military installa-tions. The spirit of giving and service is what ACS is all about, and each year it



Photo courtesy of Army Community Service

touches Soldiers, family members, vet-erans, survivors and civilians through various programs.

ACS programs include the Finan-cial Readiness Program, which of-fers training and counseling on debt elimination, saving money, investing and financial goal setting; the Excep-tional Family Member Program, which provides comprehensive and coordi-nated services to special needs families; and the Army Family Team Building

Program, which helps family members understand the Army culture.

Military life is rewarding but chal-lenging. The Family Advocacy Program offers services such as the New Parent Support Program as well as a team of victim advocates. Victim advocates are available 24/7 at 624-SAFE (7233) to answer questions about family dynam-ics or provide support to victims.

Additionally, the Family Advocacy Program has an array of healthy living classes such as Boot Camp for New Parents, Anger & Conflict Solutions, Stress Solutions, Play Mornings, Parent-ing 101, and the “It Takes Two” couple class.

ACS strives to strengthen our military community, and through ACS programs and services, our military is stronger, healthier and happier.

A resource
USAG-HI’s ACS is located Building 2091, Kolekole Avenue, Schofield Barracks. Visit or call 656-4227.

IPC resident earns award

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BAR-RACKS — Amid a busy schedule that included competitive tennis, chess club, Keystone Club and volunteering at Schofield Barracks’ Teen Center, Jacey Jenkins continued to excel in academics, graduat-ing summa cum laude from Leilehua High School in May.

The activities help explain why Winn Companies awarded her a \$1,000 Win-ningEdge Scholarship.

Winn Companies manages property operations for Island Palm Communities.

“I’m so grateful for the opportunity to be the winner of this year’s WinningEdge Scholarship,” said Jenkins.

She plans to study mortuary science (af-fairs) in the fall.

“It’s a terrific moment for me, and I couldn’t be happier to receive this,” she added. “Thank you for this chance.”



Catching crabs can be done respectfully but not necessarily easily

Many hungry vacationers will seek out the rich sweetness of Chesapeake Bay Blue Crabs this summer. Arguably, you haven’t lived until you’ve cracked fresh-steamed crabs over a newspapered-table.

However, unless you plan to second mortgage your house to order pricey steamed blue crabs for the whole fam-ily at a restaurant, you might want to consider catching these feisty critters yourself.

Strategy time
With a few supplies rummaged from home, fishing blue crabs can save a military family budget about \$18-\$20 per pound of prepared crabmeat.

Simply dig around in the garage and your kitchen junk drawer to find a net, a long string with a sinker and hook tied on one end, and a cheap cooler with a lid. A quick poke through the trash will yield your bait – smelly chicken necks and fish heads work best.

But be forewarned: A myriad of sec-ondary supplies are required, depending



on the tolerance level of your family. Your crabbing expedition may involve lawn chairs, smelling salts, cards, a badminton set, Jenga, a full-length copy of “War and Peace,” earplugs, a brown paper bag, ointment, bandages, aloe, tweezers and an enormous cooler of cold beverages.

(Note: Do not use the beverage cooler to store your crabs unless you like them marinated in Dr. Pepper. These nasty crit-ters may be small, but they’re mad as hell and can pierce an average beer can with a snap. Moreover, the minor convenience of bringing one cooler is not worth the risk of the severe puncture wounds you will suffer as you reach in for a cold one.)

Haul your supplies to a suitable loca-tion – any old dock on the bay will do. Place one rotting chicken neck or fish head firmly on your hook, making sure

to have smelling salts nearby in case you pass out from the revolting odor. When fully conscious, hold one end of the string, and chuck the baited hook several feet from the dock. Tie the string to the dock, take a seat in your lawn chair and open a cold beverage.

“Ahh, crabbing’s not so bad,” you’re thinking, right? But please, be aware that it may take anywhere from 30 seconds to a full 24-hour-and-52-minute tidal cycle to catch a crab. This would be a good time to make use of the cards, Jenga, badminton set and full-length copy of “War and Peace.”

Every so often, check your string for vibrations indicating that a blue crab is nibbling your bait. When you feel a twitch, pull your string ever so slowly, luring the unsuspecting crab toward the dock. Your prey is no Einstein – its pea-sized brain will think the putrid chicken neck is trying to escape and will grasp it even tighter.

Once you are able to see the crab, do not remain calm. Gasp, jump, knock your beverage over and exclaim loudly, “I got

one!! Grab the net!!”

If you have not scared your catch away, have a family member scoop up the crab while you yell, “Get the darned thing for Pete’s sake!!”

You will inevitably fail at your first attempt to deposit the crab into the cooler, resulting in it scrambling around on the dock while your family emits blood-curdling screams at high decibels. The earplugs and brown paper bag may come in handy.

Once you manage to secure a crab in the cooler, repeat the aforementioned steps 34 times, yielding a half bushel of crabs – just enough meat to feed a family of five, as long as you also have corn on the cob, watermelon, bread, hamburgers, salad, beans and a half-dozen pies.

When you are done crabbing, prop-erly dress your crab-nip wounds with bandages, treat your bug bites with ointment, apply aloe to your sunburn and pull out dock splinters with tweezers before heading home to steam and pick your catch.

And by the way, good luck with that!

Are you hungry? Try something of substance

CHAPLAIN (MAJ.) MICHAEL TURPIN
25th Combat Aviation Brigade
25th Infantry Division

WHEELER ARMY AIRFIELD — Have you ever been truly hungry before? So hungry you begin to look around at grass, nuts and berries because there is no food to be found?

I had the privilege to attend a survival school where we had to scavenge and hunt for our food for days. It was remarkable how you begin to look at everything as a possible source of food. Small animals, bugs, fish, grass, plants and berries become vitally important as the hunger begins to weaken your body and your mental agility begins to fade.

Dreams of Big Macs and pizza began to consume our thoughts and conversations as we sat around a fire at night and craved anything to alleviate our hunger.

Jesus teaches us in the gospel of Matthew 5:6 that *“blessed are those who hunger and thirst for righteousness, for they will be filled.”*



Turpin

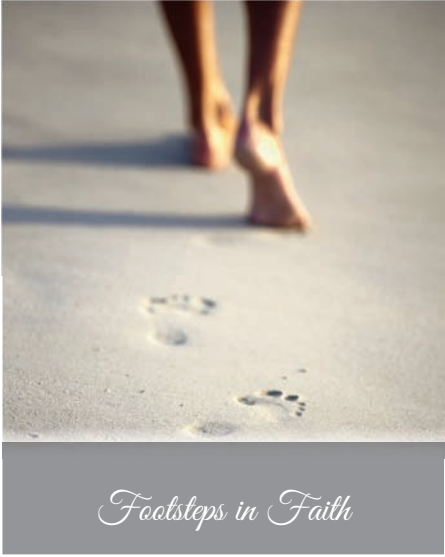
In Psalm 42 we read, *“As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God.”*

In America we rarely know what it means to be physically hungry. In ancient

Israel and in many parts of the world today, the words hunger and thirst speak to a core part of the soul, a desperation that leads to desperate thoughts and sometimes action.

The scriptures promise that if we hunger and thirst after God and His righteousness more than physical desires, we shall be filled. More important than our bellies, our souls will be filled with peace that passes understanding.

We are all hungry, constantly looking for something and wanting to fill that place in our lives that feels unattended



and unsatisfied. Just like a good meal, it only satisfies for a short period of time.

The key to being filled is in the pursuit. What are we looking to in order to be filled? Are we looking to relationships,



Courtesy photo

Feeding spiritual needs address another type of human hunger.

alcohol, money, prestige or rank? Or are we looking to God, who can truly fill our souls with meaning, purpose and eternal hope and value?

Blessed are those who hunger, who thirst for righteousness, for they shall be filled. Many of us are starving for something of substance that does not disappoint. Try spending some time reading God's word, praying and meditating ... taste and see that the Lord is good.

TAMC supports breastfeeding

Story and photo by
LEANNE THOMAS
Public Affairs Specialist
Tripler Army Medical Center

HONOLULU — Health care professionals at Tripler Army Medical Center are advocates for breastfeeding awareness month, coming up in August, drawing on the baby-friendly hospital initiative.

The baby-friendly hospital initiative is a worldwide effort prescribed by the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF) to encourage health care systems to implement evidenced-based practices in support of breastfeeding and mother-baby bonding.

“The baby-friendly hospital initiative puts policies and practices into place that will allow us to make positive impacts with our families. Our goal is to provide education on the benefits of breastfeeding throughout the pregnancy and then help the families meet their individual breastfeeding goals,” said Dena Bridgford, TAMC lactation specialist. “Currently, we are working on a new feeding policy to address the ‘Ten Steps to Successful Breastfeeding’ principles (published by WHO/UNICEF).”

According to the American Academy of Pediatrics (AAP), adherence to these 10 steps has shown to increase rates of breastfeeding initiation, duration and exclusivity; and requires medical and nursing routines and practices adjust to the principle that breastfeeding should begin within the first hour after birth (even for Cesarean deliveries). Infants must also be continuously accessible to the mother by rooming-in arrangements facilitating an around-the-clock, on-demand feeding schedule.

First feeding
“The biggest push here at Tripler’s labor and delivery department is the first feeding. This is very important because the first feeding contains pre-milk, colostrum, which protects the baby from various illnesses, and stabilizes blood sugars, the temperature, breathing and heart rate, and also prepares the baby to breastfeed,” said Maj. Julie Cowles, TAMC labor and delivery officer in charge.

“After delivery, as soon as the baby is born, the baby is put right on the chest of the mother to initiate bonding through skin-to-skin contact, and the baby stays in the room as long as they can, at least an hour, so the baby can work through all of its transition right there. This is one of the very best things for the baby,” continued Cowles.

AAP also recommends that babies are exclusively breastfed for the first six months and then provided breast milk along with other foods until the first year of life.

“Breastfeeding is not always easy. For



Dawn M. Roman cares for her son, Lucas, Monday, at the labor and delivery unit at Tripler Army Medical Center.

some reason babies do not always read the manual prior to birth,” said Bridgford. “It can be frustrating when you want to breastfeed, but for whatever reason it is not working. It usually takes two to four weeks before a mother will say she has everything figured out.

“Parents need to remember that it takes time to get comfortable and confident with breastfeeding.”

TAMC classes
Tripler offers a variety of services that support growing families such as the prenatal breastfeeding class that provides information and tips for successful breastfeeding. Providers and lactation specialists also offer one-on-one consultation to address specific breastfeeding concerns and connect patients with viable resources.

As one of the only hospitals on the island with a Neonatal Intensive Care Unit (NICU), Tripler NICU nurses hosted the 2017 breastfeeding conference earlier this year in April to expand on the baby-friendly hospital initiative, augmenting standardized breastfeeding practices to include the NICU as part of the process. Internationally recognized breastfeeding expert, Dr. Diane Spatz, presented “Implementation of Spatz 10 Steps for Human Milk and Breastfeeding” to incorporate specific lactation support services while caring for newborns that may need special care after delivery.


“At Tripler we want to impact the patient experience and empower families to feel comfortable and confident in both the prenatal and postpartum settings,” said Bridgford. “All of the members of the health care team are here to help our patients be successful with breastfeeding and the best way to overcome any challenges is to ask for help.”

For more details, call a TAMC lactation specialist at 433-3732, or visit www.facebook.com/TriplerArmyMedicalCenter.

TAMC


TIP

Buckle Up



The simple act of buckling up is the best way to save lives and reduce injuries from crashes. Motor vehicle crashes are the leading cause of death for people between the ages of 5 and 34. Child safety seats reduce the risk of death in passenger cars by 71 percent for infants, and by 54 percent for toddlers ages 1 to 4 years. Using seat belts reduces serious injuries and deaths in crashes by about 50 percent. Take a minute to make sure you and your passengers are buckled up.

- Buckle your seat belt every time you drive or ride in a motor vehicle.
- Make sure children are properly buckled up in a seat belt, booster seat, or car seat, whichever is appropriate for their age, height, and weight.
- Make sure all passengers are buckled in before driving.



File photo